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Did you know?

When you do a rapid HIV test, the results only take 5-10 minutes.

Know your status, get tested!

Visit the HIV/AIDS Centre for free counselling and HIV testing.
First Floor, Open House, Steve Biko Campus
Tel: 031 373 2260
AIDS toll free help line: 0800 012 322
Rape Crisis: 0861 322 322

First things first campaign encourages HIV testing

Naledi Hlefané

The HIV/AIDS Centre kick-started the year with *First things first*, a five-day campaign aimed at encouraging first-year students to test for HIV. The drive was held in early February with the objective of attracting students who were still adjusting to tertiary life. The initiative was a joint venture with various organisations, including Innovative Medicines of South Africa (IMSA) and the Department of Health.

The HIV/AIDS Centre team visited Durban campuses to set up mobile test centres with an official campaign launch at Ritson Campus. The programme targeted primarily first-year students, but was also geared to encourage testing by senior students.

HIV/AIDS Centre Specialist Co-ordinator, Thobile Zulu said the campaign was a success and interim measures were introduced to encourage students to watch educational documentaries and movies focused on HIV awareness. Students who participated in the drive were asked to sign a pledge to undergo regular testing.



A first-year student signs a pledge to undergo routine HIV testing at the *First things first* campaign

Photographer: Naledi Hlefané



HIV/AIDS Centre's peer educators participating in activities during the campaign

Message from the HIV/AIDS Centre

The HIV/AIDS Centre's programmes focus on helping students cope with adapting to campus life and maintaining a healthy lifestyle for the duration of their studies at the Durban University of Technology.

Our Peer Education programme is geared to get our messages to students in a medium which they understand.

Dissemination of HIV/AIDS information, education and awareness is critical and part of the centre's fundamental objectives, with its main focus being the provision of free and confidential HIV testing and counselling as part of the university's drive to empower students to know their status.

The centre continues to work closely with the Department of Higher Education and Training (DHET) and the Department of Health (DoH) to ensure our services are in keeping with government guidelines. The DHET and DoH have jointly endorsed the *First Things First Campaign*, which has been implemented at Higher Education Institutions to encourage first year students to know their status.

The year thus far has proved to be challenging. We are continuously looking to engage in new partnerships and innovative drives to encourage student participation

On the behalf of our team at the HIV/AIDS Centre, we look forward to



Thobile Zulu
Specialist Co-ordinator

interacting with you in our drive to reduce KwaZulu-Natal's HIV prevalence.

Empowering communities through oral methodology

Karishma Ganpath

Founder of Pedagogy in Action, Professor Nesha Haniff from Michigan State University returned to DUT in May to hold a two-day workshop on oral HIV/AIDS methodology used to educate rural communities in South Africa.

Haniff said the project, facilitated by the International Education and Partnerships Department, is geared towards a long term partnership between the two universities. A team of 40 DUT staff, students, primary and high school teachers participated in the workshop. She said the oral methodology was primarily developed to empower individuals across demographics; it is an appropriate inexpensive teaching method that is not dependent on technology. The workshops are currently being taught in ten South African languages and only require a workshop facilitator, chart paper and a marker or a black board and chalk.

"The informal approach is geared to get the message across. The project has undergone a four year assessment at the University of Zululand and has been successful in reaching more than 18 000 people in rural and peri-urban communities in northern KwaZulu-Natal," said Haniff.

She said the approach has also been successful in reducing stigma



Founder of Pedagogy in Action, Professor Nesha Haniff (center) together with Michigan State University students

Photographer: Robin Moodley

associated with the disease, however the measurement is unknown. The project is being rolled out by ten University of Michigan students, targeting literate individuals to sustain oral implementation of the methodology.

Michigan State University BA graduate, Amanda Danlap said: "The methodology used is applicable to communities across the spectrum. It covers age, ethnicity, financial disposition, race and education. The language it uses may seem elementary in its approach but it is very effective."

DUT Graphic Design student, Jean Shange works with the Siyazama Crafts Women in rural communities at Msinga Municipality, she said: "The message we are trying to get across is well received by the women because it is in its simplest form and does not use medical jargon or technical terms. The message has encouraged them to be faithful to themselves; this has given them the power to choose a responsible sexual partner who respects their decisions and the ability for rural women to negotiate safe sex and abstinence."

Campus clinic continues successful ARV roll out

It has been a year since the Isolempilo Campus Clinic successfully launched Anti-Retro Viral (ARV) treatment to enhance care and accessibility to staff and students. The project officially kicked off on 30 July 2010 and continues to grow with sustained partnerships, whilst providing free ARVs in conjunction with nutritional counselling and sex education.

Senior Professional Nurse, Sister Soorie Wardthen said the project was approved by the Department of Health (DoH) and the first student was treated on 26 May 2010. She said: "DUT was the first university in the province to launch its ARV treatment programme and was later followed by the University of KwaZulu-Natal. There have been a few stumbling blocks with regards to financial constraints, however the student services sector heads including the Dean of Students have all contributed towards making this project a reality."

Wardthen said the ARV treatment programme, which is in partnership with NGO PEPFAR, Zoe-Life and McCords Hospital has been carefully planned, encompassing staff training and management. The clinic has also entered into a DoH Diflucan Partnership for Opportunistic Infections, to eliminate medical costs to students.

The project co-ordinators and support nursing staff have undergone a series of extensive training including stock control and medical dispensation, training in Isoniazid (INH) Prophylaxis which are dispensed to HIV positive patients to prevent TB infection, new ARV guidelines and medical male circumcision.



How to access ARV treatment:

- Preparation for ARVs, Literacy 1, 2 and 3 counselling is available at the university's HIV/AIDS Centre.
- Students will be referred to Sinikithemba (SKT) Clinic at McCords Hospital for free registration, consultation, examination and laboratory testing.
- If the student's clinical condition is stable, they will be down-referred to DUT from McCords Hospital. Their ARV's will be made available at the Isolempilo Clinic.
- Once on treatment, the patient must attend the monthly wellness clinic for monitoring and collection of medication.
- All laboratory testing is done at McCords Hospital and results will be sent to the Isolempilo Clinic.
- Students/staff currently collecting ARVs from another government site or NGO are required to obtain a transfer form and medical history chart to access the campus ARV treatment programme.
- Staff and students can request a referral note for registration at SKT from the Isolempilo Clinic. Upon registration at SKT, the student/staff will be down-referred to Isolempilo Clinic.

The McCords Hospital-SKT ARV treatment programme is available to staff and students, irrespective of whether they are on medical aid and a referral letter is not required. The service is also available to staff and students currently on ARV treatment at another clinic who prefer to continue their treatment at DUT's campus clinic.

For more information, please contact the Isolempilo Clinic on 031 373 2267.

Health MEC endorses HIV testing at Candlelight Memorial

Karishma Ganpath



DUT's Executive Dean of Health Sciences, Professor Lina Puckree together with KZN Health MEC, Dr Sibongiseni Dlomo

Photographer: Morgen Kisten

The annual event was held at ML Sultan Campus's Cane Growers Hall on 12 May and was attended by the DUT community, NGO's and members of the private and corporate sector.

In his address, Dr Dlomo emphasised the need for students to know their HIV status prior to embarking on a relationship. He said a recent cohort study of 15-19 year-old boys at high schools was conducted revealing that they were HIV negative; however a study on girls of the same age group revealed between 6% to 10% prevalence.

At a recent visit to the South Coast to set up a Health Clinic, three schools were visited and found to have a combined total of 87 pregnant learners.

year-old men sleeping with 14 year-olds. These girls face the dilemma of choosing between a condom and a cellular phone or a condom and airtime."

He said women in abusive relationships are more vulnerable to the infection, many of whom only discover they are HIV positive upon their visit to the clinic when they fall pregnant. They often find themselves beaten and face death when they confront their partners and ask them to test for HIV.

Dr Dlomo further stressed the need for male circumcisions and how it can help reduce South Africa's spread of other sexually transmitted diseases and infection. He said government is currently looking at positive strategies which have yielded dramatic results in India.

However, it is important for individuals to undergo sustained testing and to live responsibly ensuring they do not infect others and those uninfected remain HIV negative.

In the run up to the local government election, KZN Health MEC Dr Sibongiseni Dlomo took some time off campaigning to attend DUT's International Candlelight Memorial.

Dr Dlomo raised concerns over how young girls are being introduced to the infection if the males of the same age are HIV negative. He said: "We have a bigger problem in society, we need to put a stop to 40

Condom and STI 2011 Residence Campaign

Nompumelelo Legodi

Earlier this year, peer educators embarked on a Residence Campaign as part of the HIV/AIDS Centre's drive to encourage condom usage and create awareness of Sexually Transmitted Infections (STI). Peer educators held interactive workshops during their visits at University residences. Programmes held were specifically designed to encourage students to protect themselves from HIV/AIDS.

First-year students were captured by informative show and tell sessions that informed them of the many

dangers of having unprotected intercourse. Workshops included participation from students living in Essenwood, Walsingham, Berea and Escombe residences.

The campaign forms part of the HIV/AIDS Centre's outreach programme which focuses on helping students adapt to tertiary life. Various life skills and assertiveness programmes have been launched to aid students in coping with academic and social pressures.

HIV Counselling

Mum-Zett

Why should I undergo pre-test counselling?

HIV Pre-testing counselling is an information session where the client is informed about HIV/AIDS related risks and issues. Counselling is voluntary and confidential and is aimed at helping the client make future informed decisions with regards to sexual relationships, practices and partners.

The discussion creates a platform for the client to discuss personal sexual issues or concerns and aids the counsellor with assessing the client's risk of exposure to HIV/AIDS.

The choice to test for HIV is voluntary, counselling however is compulsory and a legal requirement. The counsellor will help the client to explore options to resolve sexual issues and deal with the outcome of their results. The client has a choice not to proceed with the test until they are ready to do so.

Why should I undergo post-test counselling?

If your results are negative, the counsellor will advise a follow-up test in three months in the event that the test may have been conducted during a window period. Post-test counselling is aimed at ensuring the client is aware of future risks and that they continue to test regularly and take necessary precautionary measures to remain HIV negative. The counsellor will encourage HIV testing of partner/s and the need for an annual HIV testing.

If my results are HIV positive:

Free and confidential support and advice will be made available to help you cope with your status. Treatment options including antiretrovirals or booster vitamins will be discussed. A sexual risk behavior audit will be advised in conjunction with assistance in managing sexual risk behavior. You will be encouraged to get your partner/s to test for HIV to determine their status. The counsellor will provide advice on immediate lifestyle changes with regards to nutrition, exercise, sexual behavior and substance abuse. You will be referred to a doctor for a full examination and follow-up by the clinic thereafter.

HIV is preventable, know your status and practice safe sex.

For more info, contact: 031 373 2320 or visit the HIV/AIDS Centre, Open House First Floor, Steve Biko Campus.

HIV/AIDS Centre's Services

Health Promoters: Co-ordinate HIV/AIDS awareness programmes onsite, in residence and offsite to students. They are also responsible for recruiting and training peer educators. Health Promoters also facilitate support groups for people who are living with HIV.

Counsellors: Carry out HIV testing, pre and post test counselling for students and staff and on-going counselling to HIV positive patients. They promote support and preventative interventions, including support groups and MMC. A CD4 count test is carried out for HIV positive patients. Students and staff will be referred to the Isolempilo Campus Clinic if they require ARV treatment and to the Department of Student Counselling should they require assistance in dealing with psychological issues which may arise.

Information Officer: Is responsible for providing assistance to academic staff in integrating HIV/AIDS education into the curriculum. This includes developing learning outcomes in their module/subject and providing assistance with literature resources.

A resource room is available to aid students with assignments, projects, research and general information. Students and staff are updated on the latest HIV/AIDS related issues on the centre's website and its online forum.

Administrator: Is responsible for the centre's administrative duties and booking appointments.

For more information, visit the HIV/AIDS Centre.

What is a communicable disease?

Ntokozo Zondo

It is a disease that is transmitted only by a specific kind of contact. The range of communicable diseases affects not only humans, but animals and plants as well. The common cold, malaria, influenza and Human Immunodeficiency Virus (HIV) are some of the many examples of human communicable diseases, each having their own specific mode of transmission (contact point). Non-infectious diseases include diabetes, epilepsy and high blood pressure.

Communicable diseases are caused by a variety of organisms that include:

- Parasites and protozoa, for example, malaria and parasitic worms

- Fungi which cause fungal skin infections like athlete's foot
- Bacteria like those which cause tuberculosis
- Viruses like those which cause polio, influenza and HIV.

HIV is specific with regards to transmission, contact can only occur through the exchange or mixing of body fluids that contain the virus. It is largely spread through sexual intercourse, sharing of needles through intravenous drug use and mother to child transmission.

Let's Talk

HIV/AIDS Blog

The HIV/AIDS Centre's daily discussion forum from 12h00-13h00 provides immediate confidential responses to all queries.

To access the blog, visit the DUT website:

www.dut.ac.za

Click on: Let's Talk HIV/AIDS blog

Click on one of the following categories:

- General Comments & Questions
- Know how HIV/AIDS is contracted
- HIV/AIDS prevention
- Health related issues
- Support group

Queries will be responded to privately via e-mail.

For general information on HIV/AIDS, access our section on DUT's website. Go to Support Services- Students Services and Development- HIV/AIDS Centre.

You will be able to access information on:

- Upcoming HIV/AIDS events at DUT and around the country
- Nutritional information
- General information on HIV/AIDS
- HIV/AIDS Policy

HIV/AIDS Centre Team



Ntokozo Zondo
Information Officer



Zett kaMasondo Malaza
Professional Nurse



Oziel Mdletshe
Health Promoter



Thobile Zulu
Specialist Co-ordinator



Nozipho Zulu
HCT Counsellor



Nontuthuzelo Giqika
HCT Counsellor



Nompumelelo Legodi
Health Promoter



Lerato Mndaweni
Administrative Assistant



Fikile Gwiliza
HCT Counsellor



Oscar Shoji
Student Intern

Key points on HIV/AIDS

AIDS is a disease that affects millions of South Africans. It is caused by a virus called HIV that slowly weakens a person's ability to fight off other diseases.

HIV is spread from one person to another:

- By having unprotected sex with an infected person
- Through contact with infected blood
- From an infected mother to her unborn or newborn baby (but only some babies born to infected mothers become infected with HIV).

You cannot be infected with HIV in other ways. For example, if a person with HIV coughs, he/she cannot pass on the virus. If you hug or touch a person with HIV you cannot get HIV.

Most people who are infected with HIV do not know they are infected, and you cannot tell if a person is infected just by looking at them.

It takes many years for the signs of HIV infection to show up. This is usually when a person becomes ill from other diseases.

An HIV blood test can be done at some clinics, by a doctor or at an AIDS Training, Information and Counselling Centre (ATICC) in most cities.

You cannot be forced to have an HIV test. It is your choice. The results are confidential and only told to you. Having the test will help you to better plan your future and to prevent the spread of HIV.

HIV infection can be prevented by:

- Saying "no" to sex

- Staying faithful to your sexual partner
- Using a condom every time you have sex
- Asking your health worker about HIV-risks when you are pregnant
- Preventing direct contact with blood by using gloves, plastic bags or other barriers.

There is no cure for AIDS, but many people infected with HIV live long healthy lives.

They do this by taking care of their health, keeping fit, getting treatment when they are sick, eating correct foods, reducing stress and practicing safer sex.

Information courtesy of the South African National AIDS Council (SANAC).

MEDICAL MALE CIRCUMCISION

Medical male circumcision is the surgical removal of the foreskin found around the penis. Removing this skin has been found to significantly lower a man's chances of contracting HIV but this only offers partial protection. Research has shown that the foreskin harbours cells that attract HIV and these cells are removed with the foreskin.

Health benefits

- It is easier to keep the penis clean
- Cells that attract HIV have been removed
- Reduces the risk of HIV infection by eliminating tearing and bruising
- Lower risk of STI's and diseases
- Reduces partner's (female) risk of cervical cancer

Students at the Durban University of Technology who are interested in finding out more about male circumcision are requested to visit the Isilempilo Clinic at Steve Biko Campus.

Information courtesy of the South African National AIDS Council (SANAC) and DUT's HIV/AIDS Centre.

For more information, please dial 031 373 2260/2287

HIV COUNSELLING AND TESTING (HCT) AT DUT

The HIV/AIDS Centre provides confidential HIV Counselling and Testing (HCT) to students and staff at the University.

This includes:

- Awareness and education on HIV and AIDS
- Pre and Post test counselling
- On-going counselling
- CD4 count testing

Support Group

Due to stigmatisation, people living with HIV have a need to find a support group with HIV positive people only. Activities in the support group include talks around positive living, nutrition, disclosure, safe sex, HIV/AIDS information, opportunistic infections, treatment, CD4 count monitoring by the doctor, information sharing and networking.

Peer Education

The HIV and AIDS Centre runs a peer education programme for students which is aimed at promoting awareness and prevention activities. The programme tries to reach all students.

Peer educators are a diverse group of DUT students trained to educate their fellow students about HIV/AIDS issues, life-style and wellness concerns. Peer educators are not professionals but they are trained to assist students who need HIV/AIDS health information and support.

Do you have any questions?

The University offers a forum on our website, www.dut.ac.za

Click on the 'Let's Talk HIV/AIDS' button and you can ask questions anonymously to qualified counsellors.

